



TECHNICAL UNIVERSITY OF MOMBASA
Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL AND INSTITUTIONAL MANAGEMENT

BHC 2304: DIET THERAPY

END OF SEMESTER EXAMINATIONS

SERIES: APRIL 2015

TIME: 2 HOURS

INSTRUCTIONS:

- This paper consists of Sections **A** and **B**.
- Section **A** is **Compulsory**. Answer any **TWO** questions in Section **B**.
- Mobile phones are not allowed into the examination room.
- Cheating leads to disqualification.
- *This paper consists of Two printed pages.*

SECTION A (Compulsory) 30 Marks

QUESTION 1

- a) State the purposes of diet therapy. **(5 marks)**
- b) What are the factors that influence the nutritional status of individuals? **(5 marks)**
- c) Outline the steps of the nutritional care process. **(5 marks)**
- d) Outline the roles of nutrition counselling in diet therapy. **(5 marks)**
- e) Give the advantages of tube feeding. **(5 marks)**
- f) What are the advantages of breastfeeding as opposed to bottle feeding? **(5 marks)**

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) Describe the various types of hospital diets and their uses. **(16 marks)**
- b) What are the psychosocial factors considered in the planning of therapeutic diets? **(4 marks)**

QUESTION 3

Outline the possible causes of obesity, the associated complications and the general guidelines of its management. **(20 marks)**

QUESTION 4

- a) Describe the various factors considered in the calculation of the calorie requirements of individuals. **(6 marks)**
- b) Describe the risk factors associated with cardiovascular disease. **(8 marks)**
- c) Give **FOUR** examples each of food items to be avoided, food items to be eaten in moderation and food items to be eaten as desired by persons with diabetes mellitus. **(6 marks)**

QUESTION 5

- a) Describe the various methods used in the assessment of nutritional status. **(8 marks)**
- b) Discuss the ethical considerations with regard to the work of a dietician. **(12 marks)**